higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N750**(E)**(N27)H

NATIONAL CERTIFICATE

INTRODUCTORY CATERING THEORY AND PRACTICAL N4

(10070324)

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09:00–12:00

This question paper consists of 10 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
INTRODUCTORY CATERING THEORY AND PRACTICAL N4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.
2. Read ALL the questions carefully.
3. This question paper consists of TWO sections

   SECTION A: SHORT QUESTIONS – 50 Marks

   SECTION B: LONG QUESTIONS – 150 Marks

   GRAND TOTAL: 200 Marks
4. Number the answers according to the numbering system used in this question paper.
5. Start each question on a NEW page.
6. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.1.1–1.1.5) in the ANSWER BOOK. Correct the statement if FALSE.

1.1.1 Cooking improves indigestibility. (2)

1.1.2 Braising involves simmering large cuts of meat in a small amount of liquid in a covered pot. (1)

1.1.3 Cooking in a small amount of oil is one of the advantages of steaming. (2)

1.1.4 Stewing is perfect for softening tough cuts of meat. (1)

1.1.5 Pot roasting is a combination cooking method. (1)

1.2 Give TWO methods of cooking for each of the following food items given. Write only the cooking methods next to the question number (1.2.1–1.2.5).

1.2.1 Potato

1.2.2 Beef tenderised steak

1.2.3 Duck fillet

1.2.4 Mushroom

1.2.5 Butternut

(5 × 2) (10)

1.3 Arrange the following steps in the correct order that has to be followed for frying fish. Write only the letters (A–E) next to the correct number.

1.3.1 A Fry in a temperature range of between 180 – 185 °C.

1.3.2 B Coat the fish with flour, egg wash and breadcrumbs.

1.3.3 C Test to see if the temperature is correct by dropping a piece of bread in the fat.

1.3.4 D Place on a greaseproof sheet, to drain the excess oil.

1.3.5 E Lower the food gently into the hot fat.

(5 × 1) (5)

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1.4 What effect will occur when cooking the following food groups? Choose a food group from COLUMN B to match the effect of cooking in COLUMN A. Write only the letter (A–C) next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.

	COLUMN A		**COLUMN B**
1.4.1	Soften and gelatinise	A	fat
1.4.2	First brighten then discolour	B	sugar
1.4.3	Caramelise if dry heat is applied	C	protein
1.4.4	Soften and become tender	D	green vegetables
1.4.5	Melt and eventually smoke	E	starch

(5 × 1) (5)

1.5 Re-arrange the following courses in a formal dinner menu in the correct sequence.

A. Choice of savoury
B. Hors d'oeuvres
C. Choice of entrée or grill
D. Coffee
E. Choice of soup
F. Choice of hot or cold dessert

(6 × 1) (6)
[33]

QUESTION 2

2.1 Various possible options are provided as answers to the following questions. Choose the answer and write ONLY the letter (A–D) next to the question number (2.1.1–2.1.10) in the ANSWER BOOK.

2.1.1 Shallow frying is ideal for ...

A rice biscuits.
B offal such as kidney.
C oxtail.
D dessert.

2.1.2 During steaming ...

A nutrient loss is reduced.
B food is being sautéed.
C only cold liquid is used.
D flavours are blended.

2.1.3 Baking ...

A uses heat under the pan only.
B causes food to absorb fat.
C time and temperature need to be exact.
D is for flour mixtures only.

2.1.4 Soufflés can only be ... at high temperature for a short period.

A grilled
B fried
C baked
D poached

2.1.5 Deep frying ...

A seals food with a crisp coat.
B only uses solid fat.
C cooks food slow.
D is for food that needs to be still baked.

2.1.6 A spider is ...

A used to remove the core of vegetables.
B used to remove food items such as vegetables from saucepans.
C for boiling fruits.
D only for meat.

2.1.7 Paring knife is used for ...

A slicing certain type of foods.
B running along the bone structure of fish.
C spreading jam and other preserves.
D topping and tailing vegetables.

2.1.8 Sauté pan is used when ...

A frying food items and literally means to jump or toss.
B making stock or sauces.
C mixing ingredients.
D moulding food.

2.1.9 Used to serve or add liquids such as soup and stock.

A Mallet
B Ladle
C Bowls
D Moulds

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2.1.10 Used to pound herbs and spices into purees.

A Rolling pin
B Culet bat
C Pestle and mortar
D Blender

(10 × 1) (10)

2.2 Give the correct metric measurements for the following in millilitres:

2.2.1 ¾ cup sugar

2.2.2 ½ ℓ lemon juice

2.2.3 A tablespoon of honey

2.2.4 1 cup of maas

2.2.5 4 teaspoons salt

2.2.6 ¼ cup milk

(6 × 1) (6)

2.3 What is the ONE word for immersing food in liquid to soften? (1)

[17]

TOTAL SECTION A: 50

SECTION B

QUESTION 3

3.1 What do we use measuring spoons for? (3)

3.2 In FIVE points explain how you would measure *milk*, to ensure it is measured accurately. (5)

3.3 How does a *recipe* differ from a *standard recipe*? (4)

3.4 Give an explanation as to why a recipe is considered to be standardised? (4)

3.5 Which FOUR forms may a recipe be written in? (4)

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3.6 Answer the questions about the recipe below.

Velvet Pudding
Serves 8

INGREDIENTS	METHOD
125 mℓ Sugar **200 mℓ** Cake flour **2,5 mℓ** Salt **1 ℓ** Milk **4** Eggs, (separate white & yolk) **50 mℓ** Butter **10 mℓ** Vanilla essence **25 mℓ** Apricot jam	Combine sugar, salt and flour. **Scald** the milk, and pour the milk slowly over the dry mixture. Return to the heat and cook slowly over low heat until it thickens. Beat the egg yolks and some of the hot mixture. Add the butter and the essence. Pour into a greased oven safe baking dish and bake at 160 °C to 180 °C for 30 to 40 minutes. Slightly heat the jam and spread on top. Beat the egg whites until stiff and add sugar slowly while **beating**. Place the beaten egg whites into a piping bag, and pipe on to the pudding.

3.6.1 Adjust the recipe to serve four. (8)

3.6.2 Identify the form in which the recipe is written. (2)

3.6.3 Name TWO critical ingredients and TWO non-critical ingredients. (4)

3.6.4 Explain the term *scald*, as it appears on the recipe method. (2)

3.6.5 What happens during the beating process? (2)

3.7 Explain the function of the following in the recipe given:

3.7.1 Bowl

3.7.2 Cooling rack

3.7.3 Measuring jug

3.7.4 Scale

(4 × 1) (4)

3.8 How would you clean the oven, once finished baking? (4)

3.9 Which benefits will you get when baking the velvet pudding? (4)

[50]

QUESTION 4

4.1 Discuss SIX points you would adhere to when selecting small apparatus. (6)

4.2 Explain how a steel sharpener works when sharpening a knife. (3)

4.3 How would you differentiate between a *sieve* and a *strainer*? (4)

4.4 Identify the correct procedure for cleaning the following:

4.4.1 Zester

4.4.2 Wok

4.4.3 Cleaver

(3 × 2) (6)

4.5 Which function does a mixer serve in bread or cake making? (4)

4.6 How is creaming done, and what are the benefits of creaming? (3)

4.7 Explain the reasons for pricking food. (4)

4.8 What are the steps to be followed when baking blind? (3)

4.9 What does the French term *au gratin* refer to? (3)

4.10 What are the FIVE basic food groups? (5)

4.11 Name FOUR factors that affect meal planning. (4)

4.12 Give the French term referring to spinach. (2)

4.13 Explain THREE features that make a well-planned storeroom. (3)

[50]

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QUESTION 5

5.1 Discuss the term *menu*. (3)

5.2 Which THREE labour factors affect scheduling when planning an economical meal? (6)

5.3 Name TWO types of menus, besides the table d'hôte. (2)

5.4 List the FOUR fat-soluble vitamins found in the fats and oil group. (4)

5.5 Answer the questions that follow in the ANSWER BOOK based on the label below:



YIPPY YIPPY
SMOOTH
PEANUT BUTTER

NUTRITIONAL INFORMATION	**Single serving = 15g**	
	Per 100 g	**Per serving**
Energy (kJ)	2399	360
Protein (g)	20,0	3,0
Carbohydrates (g)	28	4
of which total sugar (g)	14,2	2,1
Total fat (g)	46,5	7,0
of which saturated fat (g)	7,2	1,1
of which polyunsaturated fat (g)	13,5	2,0
of which monounsaturated fat (g)	21,9	3,3
Total vitamins (mℓ)	6,8	1,0
Total water (mℓ)	100	5,6

5.5.1 Identify TWO pieces of information that does not need to be on the food label given. (2)

5.5.2 Indicate FIVE required pieces of information that is not on the label. (5)

5.6 Which FOUR criteria would you use when purchasing food? (4)

5.7 Explain THREE factors that will influence a consumer to buy at a fresh produce market. (6)

5.8 As an experienced receiving clerk, share with the newly employed clerk what your responsibilities are. (5)

5.9 Discuss what would happen if food is stored in a faulty storage unit? (5)

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5.10 Write the correct word/term next to the correct number.

5.10.1 Document showing the quantities of goods received and issued, and is usually kept on the shelf or in the container with the goods in the store. (2)

5.10.2 Document made out in duplicate or triplicate, listing food items as needed by various departments. (2)

5.11 Explain the effect of heat on the following food groups:

5.11.1 Protein (2)

5.11.2 Starch (2)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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